

HAND-HELD LIGHT THERAPY APPARATUS AND METHOD

ABSTRACT

A light therapy apparatus is provided for delivering ocular light to a subject to treat disorders that are responsive to ocular light therapy, including a power supply and a hand-held light output device. The light output device includes a plurality of light sources powered by the power supply. A method of light therapy is provided, wherein ocular light is administered to a subject to treat disorders that are responsive to ocular light therapy. The method includes delivering the light to the eyes of a subject by a hand-held light source operated by a power supply.